



Vegan Cooking 101

Wednesdays • 6:00 P.M. • Marla Haas Community Room

Learn how to create delicious and satisfying meals using all plant-based food products and ingredients. This hands-on culinary lab gives you an opportunity to practice making recipes, taste test new products, and learn to create new healthy versions of many of our favorite foods. You can have it all again plant-based! Come join us and discover the delicious world of vegan cooking. An apron is recommended, food handler gloves provided. All ages welcome.

August 1st

Vegan Seafood Class: Paella and Vegan Crab Cakes

September 5th

Mastering the Veggie Burger from Scratch: Mediterranean Garbanzo Bean Burgers, Tempeh Barbecue Burgers, Teriyaki Portobello Burgers

October 3rd

Tofu the Ancient Superfood: Veggie Tofu Scramble Burritos, Grilled Tofu Sandwiches, Tofu Mock Chicken Salad

Please visit sandiego.librarymarket.com to register.

